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WORK IN PREFERRED WAYS



LEAFLET NO.45

U.S. DEPARTMENT OF AGRICULTURE

PORK IN PREFERRED WAYS

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PORK makes up nearly half of the meat eaten in the United States. Although most of the pork reaches the consumer as cured ham, shoulder, bacon, and other preserved products, modern refrigerating methods make possible an abundant supply of the fresh meat at all seasons.

Success in preparing pork cuts depends on regulating the heat so as to cook the meat well done to the center of the piece and at the same time to keep the outside from becoming hard and dry. Moderate cooking temperature is best after the surface has been seared to develop rich flavor. It is neither necessary nor desirable to add water to pork during cooking. Hams, shoulders, and loins have sufficient fat on the outside to baste the lean meat and so do not dry out when roasted fat side up at moderate temperature in open pans without added water. To prevent chops from becoming hard and dry it is necessary to cover them closely after browning and finish the cooking at very moderate heat. Broiling and pan-broiling are not successful methods of cooking pork chops.

Pork should always be served well done. Thorough cooking is necessary, because pork sometimes contains the trichina parasite which, if not destroyed, may cause illness. Since this organism is killed when heated to 137° F., there is ample margin of safety when pork is cooked to the well-done stage, 182°.

Boned hams and shoulders, stuffed with well-seasoned bread crumbs and roasted to a turn, are easy to carve and are attractive when served either hot or cold. As a luncheon or supper dish, cold roast pork is excellent in thin slices with a colorful garnish. Since its flavor is often as delicate as that of chicken, every bit of cooked lean pork can be utilized in the making of delicious sandwiches, salads, and many other dishes.



For Variety in Pork Menus



Cook until the Thermometer in the Ham Registers 182° F.

Roast Fresh Ham

Wipe the ham with a damp cloth, and leave the rind on. The ham will cook more quickly and shrink less when the rind is not removed. Sprinkle the surface of the meat with salt and pepper and rub with flour. Place the ham, rind side up, on a rack in an open roasting pan, without water. Make a small incision through the rind with a sharp knife or steel skewer, cut short gashes around it with scissors, and insert a roast-meat thermometer through the opening so that its bulb reaches the center of the fleshiest portion of the ham.

Place the pan containing the ham in a hot oven (480° F.) and sear for about 20 minutes. Then reduce the oven temperature rapidly to very moderate heat (300° to 325°), and continue the cooking at this temperature until the roast-meat thermometer in the ham registers 182°. Between 25 and 30 minutes per pound will probably be required when these oven temperatures are used. Do not add water and do not cover the meat during the roasting.

When the ham is done, remove it from the oven and carefully take off the rind. To remove the rind easily, break through it on the fleshy side at the hock, then turn the ham over, and lift the rind off in one piece. With a sharp knife score the fat covering in squares. Stick long-stemmed cloves into the intersections and sprinkle brown sugar over the fat surface. Return to a moderately hot oven (375° F.) to brown over the top. Serve hot or cold.

Savory Brown Gravy

Remove excess fat from the pan drippings. Mix 2 tablespoons of flour with the drippings remaining in the pan, add 1½ to 2 cups of cold water, and cook until smooth. If the pan drippings are strong in flavor, add more water, and flour in proportion. Cook one-half cup of chopped parsley or celery leaves and 1 tablespoon of chopped onion in a small quantity of the fat and add to the gravy. Season to taste with salt, pepper, celery seed, lemon juice, and tabasco sauce.

Panned Pork Chops

Wipe pork chops with a damp cloth. Sprinkle them with salt and pepper and dust them lightly with flour. Place the chops in a heavy hot skillet with the fat edge down, so as to brown the fat and at the same time grease the skillet. Turn the chops and brown them lightly on both sides. Pour off the fat that has cooked out, cover the skillet closely, and continue to cook at very moderate heat until the meat is tender. Turn the chops occasionally to cook them uniformly. Chops of ordinary thickness (about one-half inch) will require about 20 minutes to cook after they have been lightly browned.

Pork chops shrink considerably while cooking, and it is better to have them cut fairly thick. Three-quarters to 1 inch is not too much. Chops of this thickness will require longer cooking than thin chops, but they will be more juicy when done.

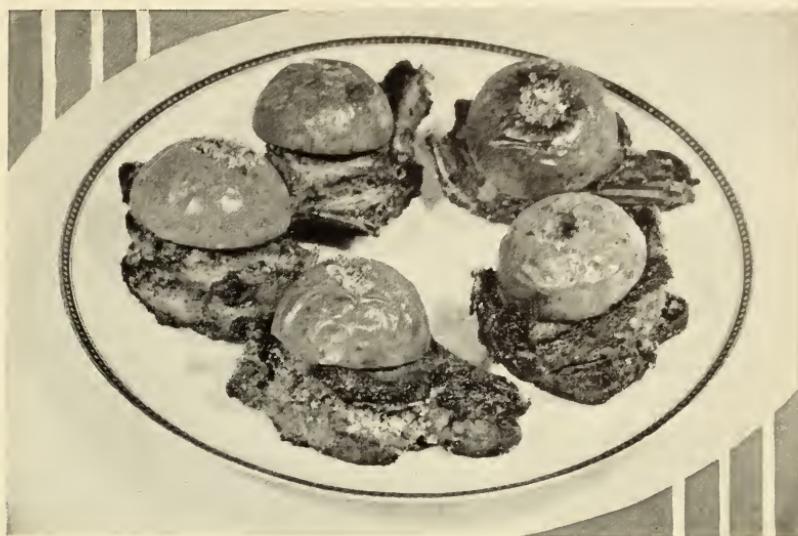
Stuffed Rib Chops With Apples

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| 6 rib pork chops, 1½ inches thick | ¼ teaspoon salt |
| 1 cup fine dry bread crumbs | ⅛ teaspoon savory seasoning |
| ¼ cup chopped celery | Dash of pepper |
| 1 tablespoon butter | ⅛ teaspoon celery seed |
| 1 tablespoon minced onion | 3 tart red apples |
| 1 tablespoon chopped parsley | |

For the stuffing cook the celery, onion, and parsley in the butter for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Wipe the chops with a damp cloth. Cut a pocket in each chop, as illustrated. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a heavy, hot skillet, turning the fat edges down at first and then browning both sides. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On the top of each place, cut side down, one-half of an apple which has been cored but not pared. Cover closely and bake in a moderate oven (350° to 375° F.) for about 45 minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter and remove the toothpick skewers. Garnish with parsley and serve at once.



Cut Pockets in Thick Rib Chops and Fill with Savory Stuffing



Stuffed Rib Chops with Apples

Breaded Pork Fillets

CUT two pork tenderloin strips crosswise to make six fillets 1½ to 2 inches thick. Pound each fillet down to about one-half inch in thickness. Beat one egg with 1 tablespoon of water. Mix three-fourths cup of dry sifted bread crumbs with three-fourths teaspoon salt and a dash of pepper. Dip the fillets into the egg mixture, coat them with the bread crumbs, and let the coating dry for about 30 minutes. Brown the fillets lightly in 2 tablespoons of fat in a heavy skillet, pour off excess fat, cover the skillet closely, and continue to cook at moderate heat for 20 minutes, or until the meat is tender. Serve hot with a garnish of watercress and thin slices of lemon.

Roast Loin of Pork

Have the butcher crack the bones of a pork loin roast so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin, ribs down and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven (480° F.), then reduce the temperature rapidly to very moderate heat (300° to 325°), and cook until the meat is tender. A loin weighing from 4 to 5 pounds will probably require from two to two and one-half hours when these oven temperatures are used.

A roast-meat thermometer can be used in a loin just as in a ham. Stick the thermometer into the meat so that the bulb reaches the center of the thickest part of the roast. The loin will be done when the thermometer registers 185°.

Serve roast loin hot with candied sweet potatoes or glazed apple rings, or chill and serve in thin slices with a colorful garnish.



Carve Boned Stuffed Shoulder across the Grain of the Meat

Roast Stuffed Pork Shoulder

HAVE the butcher skin a trimmed, fresh, picnic shoulder of medium to large size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. The recipe for stuffing given below makes the right quantity for a 3 to 4 pound shoulder; for a larger shoulder make the stuffing on the basis of 3 cups of bread crumbs and increase the other ingredients proportionately. Rub the outside of the stuffed shoulder with salt, pepper, and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven (480° F.). Then reduce the oven temperature rapidly to very moderate heat (300° to 325°), and continue roasting at this temperature until the meat is tender. A 4-pound shoulder will require about three and one-half hours to cook when these oven temperatures are used.

Savory Stuffing

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| 2 cups fine dry bread crumbs | $\frac{1}{8}$ teaspoon celery seed |
| $\frac{1}{4}$ cup chopped celery | $\frac{1}{4}$ teaspoon savory seasoning |
| 2 tablespoons butter | $\frac{3}{4}$ teaspoon salt |
| 1 tablespoon chopped onion | $\frac{1}{8}$ teaspoon pepper |
| 1 tablespoon chopped parsley | |

Melt the butter in a skillet, add the celery, onion, and parsley, and cook for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

Pork Chop Suey

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| 1½ to 2 cups shredded cooked lean pork | 1 green pepper, shredded |
| 2 cups shredded onion | 4 tablespoons soy sauce |
| 2 cups shredded celery | 2 tablespoons fat |
| 2 cups meat broth or thin gravy | 1 tablespoon cold water |
| 2 cups sliced raw Jerusalem artichokes or radishes | 1 teaspoon cornstarch Salt to taste |

BROWN the meat lightly in half the fat and remove from the skillet. Cook the pepper and onion in the rest of the fat a few minutes. Add the celery, meat, salt, broth or gravy, cover, and simmer for five minutes. Mix the cornstarch and water until smooth, stir into the mixture, and cook for a few minutes longer. Add the artichokes or radishes, or substitute for them 1 cup of sliced Brazil nuts or toasted almonds. Add soy sauce in sufficient quantity to give the desired flavor and then salt to taste. Serve with hot flaky rice.

Sausage and Fried Pineapple

Mold flat sausage cakes one-half inch thick. Cook the sausage cakes until brown and crisp on both sides in a heavy uncovered skillet. Remove the cakes, drain on absorbent paper, and keep warm in the oven. Drain slices of canned pineapple and brown them in the sausage fat. Serve the hot sausage cakes on the pineapple on a hot platter. Link sausage may be cooked and served the same way.

Glazed Apple Rings

Cook together 1 cup of water, 1 cup of sugar, and one-eighth teaspoon of salt for about 10 minutes and add 2 tablespoons of butter. Wash, core, and pare four large, tart, firm apples, and cut them crosswise into three or four thick slices. Place the apple rings in a single layer in a buttered shallow pan. Pour the hot sirup over the apple rings, cover, and cook slowly in a moderate oven (350° F.) until the apples are tender. Remove the cover from the pan, continue to cook the apples until the sirup becomes thick and slightly browned, and turn the slices occasionally. Serve the glazed apple rings with hot roast pork or chill them and serve with cold cuts.



Cold Roast Pork with Glazed Apple Rings and Candied Cherries

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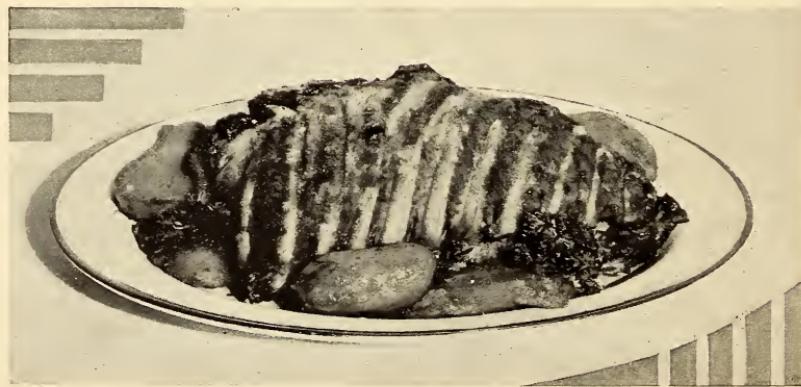
Roast Stuffed Spareribs

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| 2 sections of spareribs | $\frac{1}{4}$ cup chopped parsley |
| 1 cup fine dry bread crumbs | 5 tart apples, diced |
| $\frac{1}{4}$ cup diced salt pork | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup chopped celery | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{8}$ teaspoon pepper |

SELECT well-fleshed rib sections that match. Have the breastbone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apple are candied. Mix with the apples the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (480° F.) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300° to 325°) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter.

Candied Sweet Potatoes

Boil six medium-sized sweet potatoes until they are fairly tender, but not done. Allow the potatoes to cool, skin them, and cut them lengthwise in halves. Arrange the pieces in one layer, in buttered baking dishes or a large shallow pan, and do not pack them close together. Boil 1 cup of corn sirup or maple sirup, one-half cup of brown sugar, 3 tablespoons of butter, and one-fourth teaspoon salt until slightly thickened. Pour the sirup over the sweet potatoes. Bake in a moderately hot oven (375° to 400° F.) 45 minutes to 1 hour. Turn the pieces carefully while cooking and brown them on all sides. Serve the candied sweet potatoes with roast pork.



Roast Stuffed Spareribs with Candied Sweet Potatoes

